


HIKE LEADER
INTEREST BADGE

Date Passed _____ Signed _____

1. Have passed the Hiking Scoutcraft Badge, or complete all the requirements for it. _____ 1
2. Outline the steps necessary to organise an expedition, which will last several days. List which of these steps (if any) may be omitted in the planning of a one-day hike. _____ 2
3. Be aware of the prevailing weather conditions in the area. Show a knowledge of the signs portending changes in the weather, and know what precautions to take. _____ 3
4. Know the importance of good communication prior to and during the hike. _____ 4
5. Describe the importance of correct equipment and explain the need, under different circumstances, for particular items of kit and equipment, and the relative merits of alternatives in kit and equipment. Discuss the use of and advantages/disadvantages of different types of
 - a) lightweight tents
 - b) sleeping bags
 - c) stoves
 - d) rucksacks
 - e) footwear
 _____ 5
6. Explain how to carry out emergency repairs to rucksacks, sleeping bags, trail tents or other trail gear selected by the examiner. _____ 6
7. Demonstrate the correct first aid treatment for shock, serious bleeding, suspected fractures, snakebite, burns, blisters, and sprains. _____ 7
8. Explain and demonstrate how to apply cardiopulmonary resuscitation and how to transport injured patients. _____ 8
9. Be able to describe the signs and symptoms of hypothermia (exposure) and hyperthermia (heat exhaustion) and know what precautions to take to avoid these conditions. Show a knowledge of the treatment of hypothermia and hyperthermia. _____ 9
10. Make a list of the potential hazards a hike party may encounter (other than those dealt with in 3 and 7 above), including: being overtaken by darkness or mist, hazardous terrain (streams, narrow ridges, steep broken slopes), lightning, floods (demonstrate a safe method to cross a fast flowing river), fires. Demonstrate five different ways of attracting attention when lost (eg ground-to-air signals, whistles, fire/smoke, torches, mirrors). _____ 10
11. Know basic hiking safety rules, how to prepare for emergencies and the correct action to be taken in the event of an emergency. _____ 11
12. Attend at least two hikes led by experienced leaders, one of which must be co-led by the candidate. Identify the leadership skills and the three areas of functional leadership, and discuss how they were applied on each hike by the leader. _____ 12
13. Be familiar with topographical maps of the area. Be able to interpret a map, orientate a map in unfamiliar surroundings, and know how to find directions without the use of a compass. Know how to estimate hiking speeds, and the factors influencing these, and use this knowledge to select a possible route from a map. _____ 13